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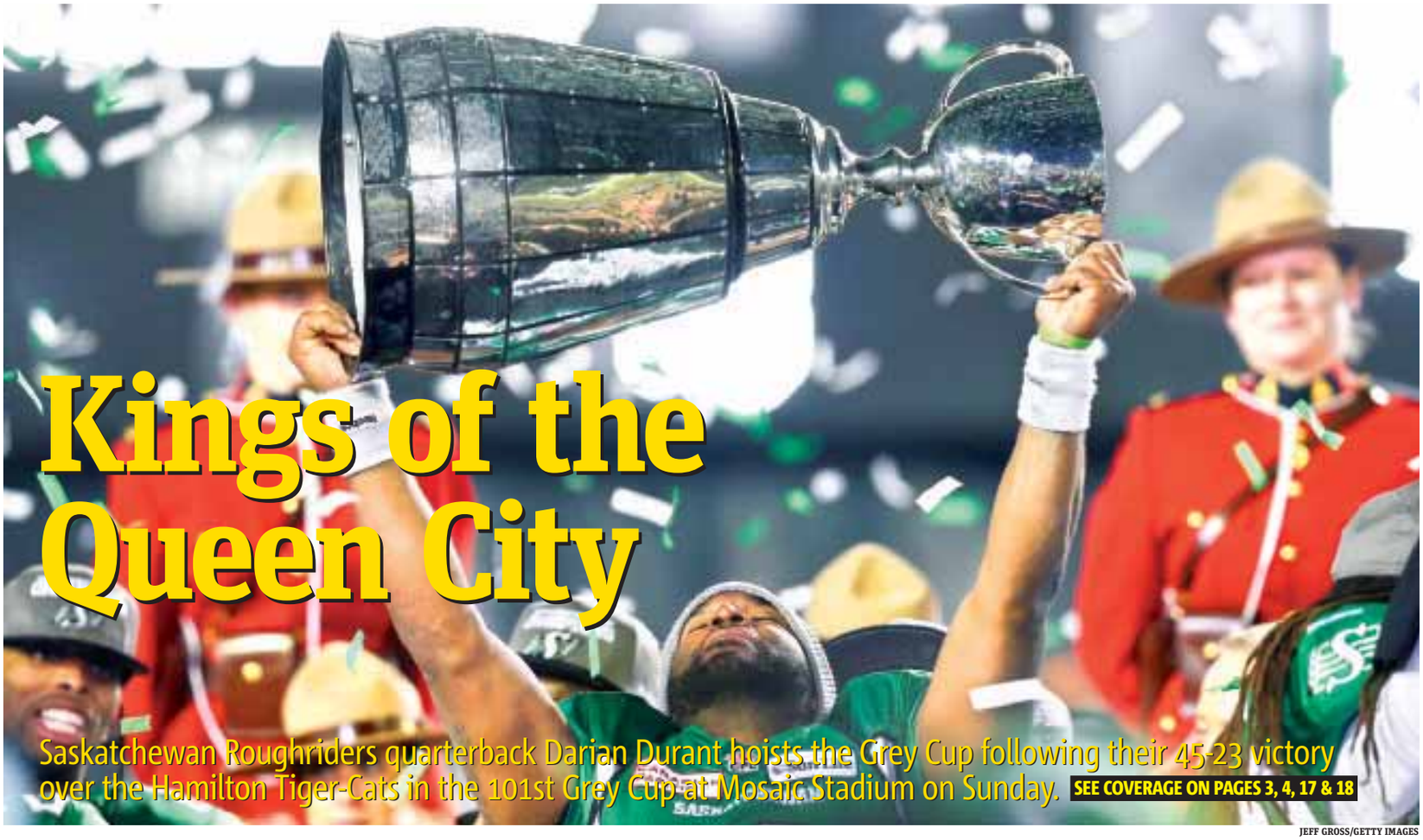
Life inside Ontario's 'chemical valley'

Is pollution behind the health problems facing a First Nations community? PAGE 6

Temp gets cancelled

After a very bad day at the office, Shannon copes via grape popsicles and a Kate Winslet DVD marathon — when a knock comes at the door PAGE 8



Kings of the Queen City

Saskatchewan Roughriders quarterback Darian Durant hoists the Grey Cup following their 45-23 victory over the Hamilton Tiger-Cats in the 101st Grey Cup at Mosaic Stadium on Sunday. SEE COVERAGE ON PAGES 3, 4, 17 & 18

JEFF GROSS/GETTY IMAGES

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SHOPPERS DRUG MART

Rider faithful paint the town green after victory

One to remember.
Praise showered on all parties, from the team to the fans to the city itself

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Roughriders fans roar to show their pride and ecstasy outside Mosaic Stadium after Saskatchewan's victory over the Hamilton Tiger-Cats on Sunday night. Inset, tens of thousands of fans pour onto the Green Mile — Albert Street — to celebrate. ROSS ROMANUIK/METRO

The dream season is now a reality.

The Saskatchewan Roughriders became the third consecutive CFL franchise to win the Grey Cup on home turf after downing the Hamilton Tiger-Cats 45-23 in front of more than 45,000 green-clad fans Sunday night at Mosaic Stadium.

"It was insane in there," said Roughriders fan Natalie Tuck, from Lloydminster. "There were maybe two Tiger-Cats fans in there."

Following the dominating performance from the Green and White, raucous fans hit the nearby Dewdney strip, breaking into "We're No. 1" chants, as the iconic Queen song We Are the Champions blared out from the stadium speakers.

For many supporters, this was a historic moment and arguably the biggest Grey Cup victory in Rider history — the first ever won by the team on home turf.

"I will remember this forever because the Riders won it at home," said Curt Parker, originally from Portage La Prairie, but who now lives in Regina.

"This is the first game I've ever seen at Mosaic Stadium," added Spencer Sperounes, also from Lloydminster. "And I can say that I was there for the Riders' fourth Grey Cup win."

Enthused fans were quick to spread the kudos, crediting the victory to a strong team effort from an experienced Riders squad.

The praise also extended to the host city of Regina, with many calling the past week a wonderful celebration of Canadian football.

"Can't say more about the host city of Regina; they did very well to have a great Grey Cup atmosphere," said Parker.

While disappointed by the result, Tiger-Cats fan Rudy Hajh tipped his hat to the Grey Cup organizing committee and the overwhelming support from local fans.

"Great atmosphere. I wish we could have that kind of support in Hamilton," he said. "It's nice, it's what the Grey Cup should be about."

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Mother Nature warms up Grey Cup's game-day excitement

Walk. Thousands join Fan March celebration through downtown Regina

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Hours before Regina's title-game action on Sunday, fans of the Roughriders and other CFL teams had a chance to feel like champions themselves.

The Grey Cup Fan March heated up downtown's game-day atmosphere, with thousands of people in the heavily pro-Saskatchewan throng experiencing mild weather following days of bitter cold.

"I guess Mother Nature is just a Riders fan," said David Keogan, his face painted green and white, at City Square Plaza shortly before the second annual march was kicked off by league commissioner Mark Cohon.

The march involves fans taking turns carrying the Grey Cup in a celebration procession to the stadium where the CFL championship game is played.

"It's beautiful outside," Keogan added. "This is great weather."

Despite a steadily strengthening wind, the above-freezing temperatures — 2 C by game time at Mosaic Stadium — buoyed the exuberant, largely green-clad crowd whose excitement was palpable amid "Let's go, Riders" chants and the Rider Drumline pounding a beat to lead the charge.

"Long live the CFL!" one man yelled as the March began in a tent at the plaza.

The Grey Cup was passed periodically between pre-selected fans — and watched closely by security personnel — near the front of the parade through the streets, while others tried to run ahead to see who would next carry the storied trophy.

The procession became, at times, a chaotic yet fun scramble of bodies, team flags and security.

"This is crazy!" one woman in the crowd was heard shouting to a friend.

"I'm just trying to hang on!"

While carrying the Cup on Cornwall Street, Rick Headrick, a Toronto resident "but still a Riders fan," said he was among the first few to hold the large grey mug as it made its way to several downtown hotels and finally to the stadium for the game between Saskatchewan and the Hamilton Tiger-Cats.

"Without a doubt, this is a new tradition for the CFL," Cohon told Metro, noting the March began at the Grey Cup last year.

"I love it. We did it last year in Toronto, and I thought it was going to be a huge success. It was. We should have started this today in Saskatoon — there are so many people. It's awesome."

Rick Headrick of Toronto is handed the Grey Cup to carry on Cornwall Street, shortly after the Fan March began on Sunday at City Square Plaza. Inset, the exuberant throng, following the Rider Drumline, approaches Saskatchewan Drive. ROSS ROMANIUK/METRO

Riders fans at TCU Place in Saskatoon react as the Roughriders beat the Tiger-Cats 45-23 on Sunday night to become the 2013 Grey Cup champions.
MORGAN MODJESKI/METRO IN SASKATOON

Saskatoon fans react to last night's big win in Rider Nation

TCU Place erupted Sunday night as hundreds of Riders fans burst into cheers as they watched the Saskatchewan Roughriders become the 2013 Grey Cup champions.

"We fought so hard this year and it's just unbelievable — the team they've put together — and they absolutely deserve the win," said Jim Mackenzie, who's been supporting the Green and White since th '70s.

"It's unbelievable," said Tyson Degenhardt. "For that to happen at home, it's been something everyone's been dreaming of ... we have a great crowd out here tonight and it's just unbelievable that they actually pulled through and made it happen for Saskatchewan."

Quoted

"We fought so hard this year and it's just unbelievable — the team they've put together — and they absolutely deserve the win."

Jim Mackenzie
Who's been supporting the Green and White since the 1970s

Some fans say they knew it was going to be a Riders victory all along.

"I didn't doubt it — I knew that they were going to win, so I think it's appropriate," said Marianne Loucks. "I think it's a fantastic opportunity for us, especially in this year, when next year, they're going to build a new stadium and all that."

Even those fans who were new to Rider Nation got swept up in the Grey Cup spirit.

"I just got up here the other day and I'm already wearing green," said Zach Keeping, who moved from Nova Scotia just days before the Grey Cup. "The whole atmosphere was just incredible."

MORGAN MODJESKI/METRO IN SASKATOON

On the web

For more local news go to metronews.ca

Mosaic Stadium

Sheepdogs 'Feeling Good' at Grey Cup

Saskatchewan's The Sheepdogs kicked off the 101st Grey Cup with "Feeling Good," mirroring the mood of the hometown fans who turned the Mosaic Stadium stands into a sea of green Sunday.

The Saskatoon band played two songs on a small stage near the north end-zone, with a small crowd in front. The band wrapped up their short set with "I Don't Know" before making way for the player introductions.

Hedley was the main attraction at halftime of the game between the Saskatchewan Roughriders and Hamilton Tiger-Cats.

The band, from Abbotsford, B.C., was clearly into the gig. They tweeted a picture of themselves wearing CFL jerseys just ahead of kickoff.

Serena Ryder, a native of Millbrook, Ont., who now makes her home in Toronto, played the national anthem complete with a Flying V guitar.

Justin Bieber, Carly Rae Jepsen, Marianas Trench, and Gordon Lightfoot performed at last year's Grey Cup halftime show in Toronto, where the hometown Argonauts defeated the Calgary Stampeders. THE CANADIAN PRESS

The Sheepdogs perform during pre-game ceremonies at the Grey Cup on Sunday in Regina. LIAM RICHARDS/THE CANADIAN PRESS

Job Hunting Tip: Book your interviews for after November 30th.

In addition to over 6,000 new online job postings every week, we also have the right advice and tools to help you along the way. So you can be certain you're putting your best face forward. It's what makes Workopolis Canada's number one job site.

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"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

First Nations exposed to toxins in Ontario's 'chemical valley'

Pollution hot spot. 40 per cent of Canada's chemical industry is clustered at the southernmost tip of Lake Huron between Ontario and Michigan

A new study is drawing attention to the health problems being faced by a First Nations community living near one of Canada's most industrialized areas.

Members of the Aamjiwnaang First Nation living on a reserve near Sarnia, Ont., have long suspected harmful chemicals were behind an unusually low male birth rate and a slew of other reported health issues.

Now, tests performed by a McGill University professor suggest mothers and children are being exposed to higher-than-average levels of harmful hormone-blocking pollutants.

While the study doesn't prove that the pollutants are to blame for earlier research that found baby girls outnumbered boys by a two-to-one ratio in the community, it does suggest a possible link.

The reserve at the centre of the study is located near a patch of southern Ontario that some environmental activists call "chemical valley."

There are 60 industrial facilities found within a 25 kilometre radius of Aamjiwnaang lands.

"It's the first study to really show that mothers and children in the area are exposed to a number of pollutants," said Niladri Basu, a McGill professor and the study's lead author.

More detailed research is needed to establish a connection between pollutants, health risks and the surrounding environment, Basu said.

Residents of Aamjiwnaang have been calling for such a study for years, though a lack of funding continues to impede more detailed research.

Ada Lockridge, who helped found Aamjiwnaang's environmental committee, said pollution is a fact of life for the reserve's roughly 800 residents.

Like others in the community, Lockridge keeps a special plastic bucket — as part of a group known as the "bucket brigade" — to collect environmental samples that can be tested for toxins whenever the air seems especially poor. The results are sent to a U.S.-based monitoring organization.

THE CANADIAN PRESS

Health problems

A 2006 community survey by Aamjiwnaang's environment committee cited a number of health issues, including miscarriages, chronic headaches and asthma.

- Forty per cent of band members surveyed required an inhaler.

Old bones

Vatican displays remains said to belong to St. Peter

The Vatican publicly unveiled a handful of bone fragments on Sunday purportedly belonging to St. Peter, reviving the scientific debate and tantalizing mystery over whether the relics found in a shoe box truly belong to the first pope.

The nine pieces of bone sat nestled like rings in a jewel box inside a bronze display case on the side of the altar during a mass commemorating the end of the Vatican's year-long celebration of the Christian faith. It was the first time they had ever been exhibited in public.

THE ASSOCIATED PRESS

Canadian soldiers

Shaky morale among troop trainers: Army

Coming down from the institutional high of fighting a war is something the Canadian Army has grappled with almost from the outset of its mission to train Afghan forces, newly released documents show.

A survey conducted by the army found morale was shaky among the first set of Canadian troops who deployed to train the Afghan National Army following the end of Canada's five-year combat mission in Kandahar.

THE CANADIAN PRESS

London dishoveled by first big snowfall

Evelyn McLean, a third-year MIT student at London, Ont.'s Western University, clears the sidewalk in front of her house. Parts of Ontario got their first real blast of winter on the weekend, with London seeing 30 centimetres of snow, forcing the city to shut down community centres and pools. MARK SPOWART/FOR METRO IN LONDON

Blocking the bomb. Iran nuclear deal reached

Iran's President Hassan Rouhani kisses the head of Armita, daughter of Iranian scientific researcher Darioush Rezaeinejad, who was assassinated in July 2011, during a news briefing at the Presidency compound in Tehran on Sunday after Iran and world powers came to an agreement over its nuclear program.

MOHAMMAD BERNO/PRESIDENCY OFFICE/THE ASSOCIATED PRESS

Iran struck a historic deal Sunday with the United States and five other world powers, agreeing to a temporary freeze of its nuclear program in the most significant agreement between Washington and Tehran in more than three decades of estrangement.

Iranian President Hassan Rouhani endorsed the agreement, which commits Iran to curb its nuclear activities for six months in exchange for limited and gradual sanctions relief, including access to $4.2 billion from oil sales. The six-month period will give diplomats time to negotiate a more sweeping agreement.

The package includes freezing Iran's ability to enrich uranium at a maximum five per cent level, which is well below the threshold for weapons-grade material and is aimed at easing Western concerns that Tehran could one day seek nuclear arms.

Ottawa not convinced

The Canadian government was "deeply skeptical" on Sunday of Iran's agreement to temporarily freeze its nuclear program.

- Foreign Affairs Minister John Baird said Ottawa's sanctions against the regime would remain firmly in place until the new deal's words turned into actions.

Obama hailed the pact's provisions, which include curbs on Iran's enrichment and other projects that could be used to make nuclear arms, as key to preventing Iran from becoming a nuclear threat.

"Simply put, they cut off Iran's most likely paths to a bomb," he told reporters in Washington.

THE ASSOCIATED PRESS

Waging a war against the F-bomb

fbomb.co. A 22-year-old student hopes his site will get Twitter users to think before dropping the F-word

It gets dropped without warning and can strike anywhere in the world, laying waste to rational arguments and leaving a trail of offended sensibilities in its wake.

But the linguistic threats posed by the F-bomb on Twitter pale in comparison to its entertainment value, according to a Canadian computer science student who has made it his mission to track the global prevalence of this word-based weapon on the social networking site.

Martin Gingras's fascination with the popular profanity prompted him to create fbomb.co, a website that tracks the use of the word in real time.

By combining features from two of the web's most widely used applications — Google Maps and Twitter — the site allows readers to observe where in the world F-bombs are falling. THE CANADIAN PRESS

A young Emily Post?

Martin Gingras said his personal distaste for swearing may have given his otherwise light-hearted venture a bit of an agenda after all.

- "It's more of an entertainment thing, but once people are on it, hopefully they read through a couple and realize how ridiculous it sounds."

New frontier. U.S. warship boldly using electric propulsion for first time

The next generation of warships: The stealthy Zumwalt destroyer moored at Bath Iron Works, in Bath, Maine. ROBERT F. BUKATY/THE ASSOCIATED PRESS FILE

Captain Kirk's futuristic-looking vessel sports cutting-edge technology, new propulsion and powerful armaments, but this ship isn't the Starship Enterprise.

The skipper of the stealthy Zumwalt is Navy Capt. James Kirk, and yes, he's used to the jokes about the name he shares with the TV starship commander played by actor William Shatner.

Kirk takes it in stride.

"I don't take any offence," he told The Associated Press in an interview. "If it's a helpful moniker that brings attention to help us to do what we need to do to get the ship into the fleet and into combat operations, then that's fine."

While it's no starship, the technology-laden Zumwalt taking shape at Maine's Bath Iron Works is unlike any other U.S. warship.

The Navy's largest destroyer will feature a composite deckhouse with hidden radar and sensors and an angular shape that minimizes its radar signature. It's the first U.S. surface warship to use electric propulsion, and its power plant is capable of producing enough electricity to light up a small city and to power future weapons like the electromagnetic rail gun. THE ASSOCIATED PRESS

Learning from wise old owls

Inspired by a collection of Canadian owl feathers, an international team of engineers is studying the nocturnal birds of prey, hoping the mysteries of their stealthy flight might lead to improvements in the design of everything from aircraft to submarines. THE CANADIAN PRESS

A resounding no

Switzerland rejects plan to cap top managers pay

Swiss voters soundly rejected on Sunday a proposal to limit the pay of companies' highest-paid managers to 12 times that of their lowest-paid workers, a plan that business leaders had warned could weaken the prosperous nation's economy.

Sunday's referendum came after voters in a March vote voiced anger at perceived corporate greed. THE ASSOCIATED PRESS

Canada's seal hunt

WTO to rule on seal products

Advocates both for and against Canada's commercial seal hunt will be watching Monday as the World Trade Organization rules on the European Union's ban on imported seal products.

It's a case that affects hunters in Atlantic outports and Inuit communities who say the embargo unfairly discriminates against seal products from Canada. THE CANADIAN PRESS

Horse people

Riders say neigh to steep riding school tax hike in France

Thousands of riding enthusiasts, many atop ponies, are protesting a sales tax increase they say will make riding lessons too expensive and force many schools to close.

In January, France plans to nearly triple the value added tax on riding schools to bring it in line with EU regulations. But the move has angered horse people, who complain that it will erode an important piece of rural culture, already struggling to recruit enough clients in a poor economy.

The riders won the Senate's backing last week when it voted to leave the rate unchanged for riding schools. THE ASSOCIATED PRESS

Random biz fact of the day

16

On average, job seekers use 16 different sources when searching for a job.

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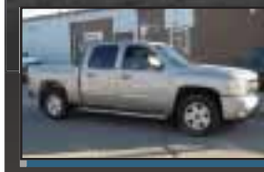

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4x4, V8, auto, air, tilt, cruise, pw pl, cd player, nice clean truck 200km
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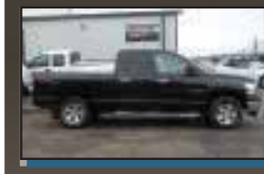

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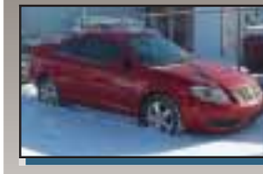

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 16

metronews.ca/temp

Temp Gets Fired!

Here's the thing: I've been fired before and couldn't have cared less, but getting fired from TWK stung.

"You let yourself get attached, Shanny," said my sister Amy. "The No. 1 law of temping: Never bond." She was helping me self-medicate with grape popsicles and a Kate Winslet DVD marathon. I was in pajamas at four in the afternoon and my life had devolved into the third panel of a Cathy cartoon where she stares into the void and emotionally implodes. "The only reason anyone hires anyone is to help them make money. The moment you can't do that, they'll chew your face off and toss the remains into a dumpster."

"That's not true. I liked it at TWK."

"Have you tried calling Mr. Shoeman?"

"He's on an energy retreat in the countryside."

"China has a countryside?"

"You're right. He's probably at World Extreme Cageboxing."

"What about Kyle?"

"He showed up to take Sarah to lunch just as I was leaving. I couldn't talk to him. God only knows what Sarah told him about me."

"Shannon, how do you think Kate Winslet manages to always lose weight?" Amy's attention span is limited. Discussion of my temping was over.

The doorbell rang. I live in a basement suite and it's not the easiest place to find, so for someone to locate me takes work. I opened the door: It was Sarah No. 1, so I closed the door, but she started banging on it. "Let me in! Shannon, I was horrible! I deserve this! Let me explain!"

I opened the door. "Explain what?"

"I just got fired."

"So what? I'm waiting for whatever it is you're going to explain."

"Let me come in?"

"Oh God. All right. Shoes off. Would you like a grape popsicle?"

She came into the TV area and I introduced her to Amy. "We're having a Kate Winslet marathon." Amy hit pause.

Sarah looked at the frozen frame. "How does that woman always manage to lose weight so regularly?"

"Excuse me, Sarah — my explanation?"

"There is no explanation. I came here because I couldn't think of anyone else to visit. I have no friends. They all got married and this would just make them happy about their decision to do so."

"So you came to me because I'm a failure and won't judge you harshly?"

"To be honest, sort of. Yeah. You seem like your head's screwed on right. I like the way you never took crap from anyone at TWK — and your 'random fact of the day' was always funny. And yesterday I got to see the human side of you."

"I like the way you never took crap from anyone at TWK — and your 'random fact of the day' was always funny."

"I'm deeply flattered." The three of us sat there in silence and then I figured it out: "Wait — you just want to know what my secret plan is so that you can get in on it."

"Well, yeahhhh!"

I paused a second. "OK."

TO BE CONTINUED...

Worker satisfaction

Maybe we don't have it so bad

Canada has some of the most satisfied workers compared to the rest of the world, according to a recent survey by Monster.ca.

Canada tops the chart with 64 per cent of workers saying they love or like their job, followed by the Netherlands (57 per cent), India (55), the United States (53) and the United Kingdom (46).

PHOEBE HO/FOR METRO

ISTOCK

Skill acquisition

Ready and willing to learn

Canadian workers are willing to learn a new skill set to open up opportunities, according to Hays Canada's What People Want 2013 survey, with 88 per cent saying they are either planning to or will consider acquiring new skills to take advantage of shortages in other industries.

PHOEBE HO/FOR METRO

Random fact of the day

What a buzz kill.

- Elephants use skin folds on their backs to crush mosquitos. SOURCE: PICSTACHE.COM

Random biz fact of the day

47%

Almost half of recruiters say candidate compensation increased from 2011 to 2012.

SOURCE: WORKOPOLIS

iamtemp

WE HEART IT/TUMBLR

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RIDERS WERE DESTINED TO WIN

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

I'm writing this column before the 101st Grey Cup game is actually played, but I'm not worried.

Sister Rosetta and Sister Adelaide, two nuns in Saskatoon who have been following the Riders for more than 50 years, are praying for the team.

And if there's any doubt Jesus is listening, there's a picture on the wall of the nun's retirement residence. Jesus is wearing a Rider jersey and is accepting the gift of a watermelon from an innocent child.

Meanwhile, at the profane end of the spectrum, the mannequins at the Love Plus shop on Broad Street in Regina are tricked out in Rider-inspired, er, foundation garments.

With that kind of mojo working against them, I wouldn't blame the Hamilton Tiger-Cats for not showing up, even if they do come with Kent Austin and Henry Burris, two ghosts from Saskatchewan's past.

I'm going to look pretty foolish if the Riders are bounced across the frozen prairie turf, but we're talking destiny here.

Consider: The Riders are the third team in a row to play in a Grey Cup held at their home stadium. The last two, the 2011 BC Lions and the 2012 Toronto Argonauts, won.

The temperature, which has been colder than the Calgary Stampeders all week, could stick its nose up over the zero mark, and the wind chill is only -9. Break out the mai tais and the Hawaiian shirts. Perfect conditions.

And if that's not enough, this will be the last Grey Cup ever played at Taylor Field-Mosaic Stadium, the Lambeau Field of Canadian football. The next one will take place sometime after 2017 at that shiny newfangled $278-million emporium that still won't have a roof.

And even if Jesus does not wear green (who's to say?), Sister Rosetta and Sister Adelaide also have back-up: A stuffed Gainer the Gopher and an autographed picture of hall of fame wide receiver Don Narcisse. Massive juju.

There's even a comet going by, just east of the stadium.

All these signs and portents are sent to remind us that the Grey Cup is the symbol of three-down football — the Canadian game — and, while the rest of the CFL cities have their traditions and memories, the Saskatchewan Roughriders are Canada's team.

So, you could argue that the universe wants the Riders to win. Nothing against Kent Austin's Tiger-Cats, who are probably surprised and pleased just to be here after starting the season 1-4 and dressing 18 rookies.

But we've got the melons and the long green underwear.

Resistance is (probably) futile.

ZOOM

High alert for Mount Sinabung

DEDY ZULKIFLI/THE ASSOCIATED PRESS

Indonesian volcano repeatedly erupts

Mount Sinabung spewed volcanic material as seen from Karo, North Sumatra, Indonesia, on Sunday. Indonesian authorities raised the alert status for one of the country's most active volcanoes to the highest level after the mountain repeatedly sent hot clouds of gas down its slope following a series of eruptions in recent days. THE ASSOCIATED PRESS

How high?

2,600m

The 2,600-metre-high mountain has sporadically erupted since September after being dormant for three years. Mount Sinabung unleashed fresh volcanic ash and gravel as high as 5,000 metres and searing gas down its slope up to two kilometres, said a government volcanologist, Surono, who like many Indonesians uses one name.

Villages evacuated amidst ash, smoke

About 12,300 evacuees from eight villages around the mountain were packed Sunday in crowded government camps away from the fiery crater, while more than 6,000 others fled earlier to temporary shelters in 16 safe locations, said National Disaster Mitigation spokesman Sutopo Purwo Nugroho.

The volcano's last eruption, in August 2010, killed two people and forced 30,000 others to flee. It caught many scientists off guard because it had been quiet for four centuries.

Mount Sinabung is among around 129 active volcanoes in Indonesia, which is prone to seismic upheaval due to its location on the Pacific Ring of Fire, an arc of volcanoes and fault lines encircling the Pacific Basin.

THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
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Nearly a month after Instagram opened its virtual doors to paid advertising, sponsored posts have likely been popping up in your feed. Not that brands weren't welcome before, but pre-monetized Instagram, brands were treated the same as any other shmoe posting filtered pics. Now, with cash pushing photos through your feed, here's a look a some brands making their way into your screen:

MICHAELKORS/INSTAGRAM

Michael Kors:

Posted three weeks ago, Michael Kors was one of the first brands to take advantage of the new setup. Using #MK-Timeless, their 'pampered in Paris' post (pictured) has been liked 230,000 times. While many Instagrammers were not so pleased with pampered in Paris, the brand did gain between 33,000 and 34,000 new followers in 18 hours. #StreisandEffect?

General Electric:

I know, I know jet engines hardly seem the type to get all filtered up and passed around. But the Boeing's #GE90 pic was liked 59,000 times. Jets, who knew?

Burberry:

Though they've been posting since the early days of Instagram, rumour has it, they're now using sponsored content (disclosure: I have not seen it yet). While I can say with certainty I'm not Burberry's target market, I have to admit their photo stream is creative (and pretty).

Twitter

@metropicks asked: Where in the world is the F-bomb dropping? One Ottawa student tracks its use at fbomb.co. When do you tweet profanity?

@robin_writing: this is pretty cool- it really is all about context

@thatguy666: reminds me of http://alotsafari.com/ just using another word.

Follow @metropicks and take part in our daily poll.

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Ebooks

The Things They Carried

By. Tim O'Brien

Audible.com

MIND THE APP
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Produced by Tom Hanks, this collection of Vietnam war stories explores the personal artifacts and memories carried by soldiers as coping strategies, superstitions and habits of endurance. Bryan Cranston (Breaking Bad) narrates, capturing with perfect attitude a cast of voices gruff with uncertainty, panicked by youth and haunted by loss. These are personal journeys, unexpected and masterfully told.

Box office

Money to burn

The Hunger Games sequel Catching Fire opened with $161.1 million at the box office, narrowly besting the original film and setting a record for a November opening. The result, from studio estimates Sunday failed to dethrone the year's biggest box-office opening of $174 million for Iron Man 3. But it did best the previous top November opening of $142.9 million by Twilight Saga: New Moon. THE ASSOCIATED PRESS

Winona Ryder stars in Homefront, which opens Wednesday. CONTRIBUTED

Ryder on the Homefront

Arm candy role.
Actress talks Lou Reed and being a biker chick in her latest film

NED EHRBAR
Metro World News in Hollywood

Sure, Winona Ryder has a movie to promote — the Jason Statham-starring Homefront — but she'd much rather talk about Lou Reed, if that's OK. "I was supposed to see it (Homefront), but then Lou Reed died and I had to go to his memorial. And you know, I just haven't been able to. But I usually see something before talking about it," Ryder says with a laugh. "And it's also my first 'this' kind of movie."

The movie she speaks of is about a former drug enforcement agent who moves to a seemingly-idyllic town with an underbelly of drugs and violence. But before discussing the flick, Ryder has some things to say about Reed.

I've heard (Lou Reed) was one of the toughest people to interview.
Ethan Hawke — who worshiped him — met him somewhere and they were somehow exchanging numbers. Ethan was giving him his number and it was a 917 (a New York area code) number — it was right when (those were new) — and he said Lou was like, "What?" Like he was too cool for the new area code. Ethan was mortified, but it was kind of like, "He's Lou Reed. He can think that that's not cool."

You mentioned this is your first of "one of these kinds of movies." What was behind the decision?
Well, part of it was that I'd never done anything like this. I was kind of surprised they offered it to me. It kind of read like arm candy — which was kind of appealing to me. "Eh, I'm just a biker chick, arm candy in one of these movies. I've never done that, it could be fun!" And then also just honestly a big pull was James (Franco) because we're friends. I was like, "Are you really going to do this Homefront thing?"

You do come off as more interesting than just arm candy.
Oh good. It's just, there's not a lot of logic in these movies. It was an experience. I don't know if I'll do another thing like that. I did a thing right after that was like the opposite, this really great David Hare thing got Christopher Walken and Bill Nighy and Ralph Fiennes, and it's about the bringing down of Tony Blair.

Old becomes new

Winona Ryder figures she's hitting that age where everything old becomes new again. In 1994, she played Jo March in the film adaptation of Louisa May Alcott's novel Little Women and she was surprised to learn that Hollywood is going to revisit the material once again in a new film version. "I saw Christian Bale (who plays Laurie in the 1994 version) and I was like, 'Hey, what the hell?' It's just weird when they're redoing your (old stuff)."

It's all words and brilliant and about detention centres being built and money-laundering. So to go from this to that, it's kind of like that thing where I'm glad that I'm older because I would hate to be the ingenue now. It just seems like it would be tough these days.

Allison Janney is more than just a Mom

Gifted and gracious.
Actress adds another role to her repertoire in new Chuck Lorre sitcom

Allison Janney extends the maxim that the best actors can entertain simply by reading a phone book. She manages with commercials.

Her voice is warm and burnished with compassion on radio and TV voiceover spots for a health-care provider, possibly the most melodic soft-sell ever.

Then there's her real craft. Consider, for instance, her sharp, take-no-prisoners delivery as C.J. Gregg in The West Wing, and her manic chatter as a blowsy woman in the indie film The Way Way Back.

Or enjoy the sly purr she employs as Bonnie, a wayward but good-hearted parent and grandparent who's trying to stay reformed in the new CBS sitcom Mom (9:30 EST Monday). Anna Faris co-stars as her similarly imperfect daughter.

"It's acting," Janney said.

"I feel like actors like to be challenged and play all different types of roles. For whatever reason, I've been given the opportunity to do so."

That reason, of course, is she is an enormously gifted and appealing performer with a range that's second to none. Her talent has been on display on Broadway, where she earned Tony nominations for 9 to 5 and A View from the Bridge, and in movies including American Beauty and Drop Dead Gorgeous.

With Mom, Janney sees the best of both worlds, a combination of humour with "serious moments of love or disappointment or fear," not just what she calls the "joke-joke-joke-joke" barrage typical of many TV comedies.

She admits to nervousness at work, from the initial script reading to just before the taping begins. It's characteristic, she said, but also stems from working for a TV comedy master, Chuck Lorre, whose hits include The Big Bang Theory and Two and a Half Men.

"It's scary to do a run-through for Chuck. I don't want to mess it up or miss a laugh," she said.

But Lorre, it seems, is putty in her hands.

"Allison is a writer's dream come true. She can literally do anything. And do it brilliantly," the writer-producer wrote in an email.

THE ASSOCIATED PRESS

Zac Efron. ALL PHOTOS GETTY IMAGES

Efron getting lots of bedside attention

Zac Efron may be dealing with his mouth being wired shut after breaking his jaw, but at least he's not suffering alone. Sources tell Radar Online that Efron's rumoured girlfriend Lily Collins is nursing him back to health.

"Zac is so grateful for Lily. She's being so sweet with him and is going above and beyond to take care of him," a source says.

"She makes him healthy smoothies he can drink through the wire and she's really good emotional support for him right now."

Kelly Osbourne

Osbourne's silence is golden

You won't be hearing from Kelly Osbourne for a bit, as the Fashion Police co-host has been ordered to keep her mouth shut for health reasons.

"According to my (doctor) I have pre-vocal nodes and am on vocal rest for the next two weeks," she posted to Instagram.

"That's worse than prison for me."

She also posted a photo taken down her throat of the nodes that is not for the squeamish.

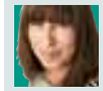
"This is disgusting," Osbourne wrote. "How much do my vocal cords look like a vagina?"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Crazy is as crazy does



STARGAZING
Malene Arpe
scene@metronews.ca

This week in pee: 1) Eminem says that the only way he could possibly top Kanye West's controversial BBC interview would be to pee on the floor. 2) Christian Bale reveals he told Ben Affleck to make sure his bat suit would allow him to "take a pee without anyone having to help him, because it's a little bit humiliating." 3) Andy Cohen says he made perfume from Lady Gaga's urine after she relieved herself in a bucket on the set of Watch What Happens Live. 4) I may, possibly, for sure, have wet myself when I heard Monty Python is planning a reunion.

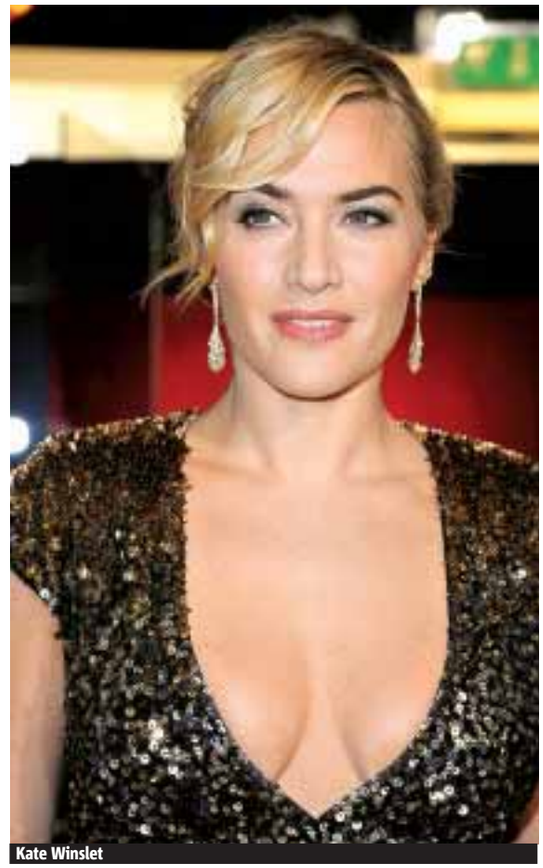
Dakota Johnson, who will star in the movie, insists 50 Shades of Grey is "an incredible love story." She then describes One Direction's music as "something that will surely stand the test of time" and notes that Agents of S.H.I.E.L.D. is "the best new TV show in 20, nay 25, years."

This week in back together? 1) There are rumours Ryan Gosling and Rachel McAdams are seeing each other again. 2) Former couple Taylor Swift and Harry Styles may be secretly dating. 3) Robert Pattinson and Kristen Stewart are reportedly sneaking around with each other. 4) There are whispers about Nina Dobrev and Ian Somerhalder having picked up where they left off. 5) It appears the celebrity dating pool has officially dried up. Very, very carefully consider what you do next, Katie Holmes.

Nicole Kidman says in a brand-new interview that winning the Oscar for The Hours showed her "the emptiness of her own life." Later she says that reading her own quote showed her "the inanity of things people will say in interviews."

James Franco's students complain that he falls asleep while teaching. It's completely true. How else would he get material for his multi-media exhibit/coffee table book James Franco's Students Complain He Falls Asleep While Teaching?

Evan Rachel Wood says she doesn't plan to reveal her son's name. Which explains why the boy's grandparents are pestering friends and neighbours with cute photos of Baby Boy We Have No Idea.



Kate Winslet

Family comes first, no matter how big Winslet's arse may get

Actress Kate Winslet, who turned 38 last month and is expecting her third child (her first with hubbie Ned Rocknroll) says she doesn't care about losing the baby weight. Winslet's fluctuating weight has been a popular topic of discussion over the years, in an industry obsessed with superskinny bodies.

Recently Winslet told Italian Vanity Fair: "Honestly, among my acquaintances there is no woman wearing XS. No, sorry, there is one: my daughter. The point is that Mia is 11 years old."

While she believes in being fit and healthy, Winslet says her top priority after giving birth will be spending time with her family — not hitting the gym.

As she told Time Out: "I don't want to spend time thinking about the size of my arse."

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Flu season

Faking it?

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Here are guidelines to tell if a member of your family is really sick or faking.

•Child: Fortunately, most children are very bad actors/liars. You know they're faking their illness if they: A) have a test at school that day B) clutch their stomach seconds after bounding down the stairs and punching a brother on the way C) are hovering suspiciously near a heating vent with a thermometer, or D) ask, "What happens if I feel better around four?" noting a hockey game on the schedule for later that day. A gentle reminder about their negotiating position when it comes to extended curfews is recommended.

• Husband: Guys can be tricky. Some are entirely stoic about broken bones, huge bleeding wounds, and things that went snap, but the slightest sniffle can have them heading for the nearest couch wrapped in a Snuggie. The "man-flu" is well documented and needs no additional space here; we've all had the flu, it sucks, get over yourself. You don't need to announce every little symptom and sigh every 10 minutes. Bottom line? Who cares if he's sick? He's an adult. Let him figure it out.

•Wife: Because she says so.

EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, PUBLISHED BY MCCLELLAND & STEWART, 2013, AND RECENTLY OPTIONED BY WARNER BROTHERS TELEVISION. KATHYBUCKWORTH.COM

Exclusively online

It's one of the biggest parenting challenges of the season: creating the perfect holiday greeting card. Check out this week's exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices.

Join the laughter on twitter @mommyreasons.

Tot-sized good and evil

Q&A. Researcher Paul Bloom seeks to answer whether babies are moral beings

Are we naturally good or naturally evil? Cognitive scientist Paul Bloom argues in a new book that we're both.

In Just Babies: The Origins of Good and Evil (Crown), the developmental psychologist and Yale professor takes on the nature of morality and vast research spanning evolutionary biology to philosophy, drawing on everyone from Sigmund Freud to Louis C.K.

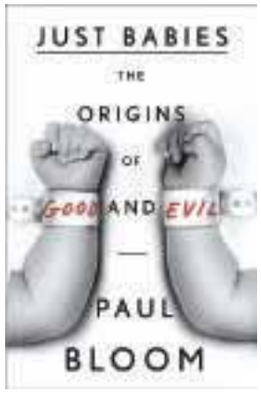
His conclusion? Babies have the capacity for empathy and compassion, possess a limited understanding of justice and have the ability to judge. Yet they navigate not along colour lines but as Us versus Them, usually landing squarely in the Us camp.

According to developmental psychologist Paul Bloom, babies have the capacity for empathy and compassion. ISTOCK

What light do you shed on the "moral sense" of babies?

We're born with this extraordinary moral sense. A sense of right and wrong just comes naturally to humans and shows up in the youngest babies we can study. But this morality is limited. I think tragically limited. So we are morally attuned to those around us, to our kin, to our friends, to those we interact with, and we are utterly cold-blooded toward strangers. To some extent I think babies are natural-born bigots. They are strongly attuned to break the world into Us versus Them and have no moral feelings at all toward the Them, and this shows up all through development.

So in some way, although a lot of morality is inborn, I think the great success of humans ... is expanding and transcending this inborn morality.



Where do serial killers come from?

Serial killers are very unusual people. ... We know that there's genetic differences in people's empathy, in people's compassion and how much they care about other people, in their ability to control violent rages, for example, and I'm sure a serial killer is somebody who has the genetic short end of the stick. Then you toss in certain environments. Your typical serial killer had a very unhappy childhood.

You write about conflicts in research on racial bias in young children.

For kids there's a lot of evidence that they're very strongly biased on Us versus Them if you get them to do it on the basis of things like different coloured T-shirts, for example, but race and skin colour isn't an automatic way of dividing up the world. So you take a two- or three-year-old and typically a two- or three-year-old shows no signs of being racist in any way. When you get older, if kids are in an environment when blacks and whites interact and they're totally mellow with each other and there's not much conflict, they'll see black and white but it won't matter at all. If you're in an environment where it matters then it will matter. Children are extremely prone and very ready to divide the world into groups, but the groups that they focus on is determined through learning. THE ASSOCIATED PRESS

Use tough times as teachable moments

Julianne Harvey, centre, with her daughter Ava, 10, and son William, 7. JEFF MCINTOSH/ THE CANADIAN PRESS

When Julianne Harvey learned her first grader was being picked on last year, her initial instinct was to fix the problem.

But advice from her mother-in-law — who was a longtime elementary school teacher — gave the author and mother of two a fresh perspective.

"She told me: 'Your job is to teach him to stand up for himself. You're not always going to be there to manage things for him, so you need to give him those skills,"' Harvey recalled.

Neuropsychologist Sam Goldstein, co-author of Raising Resilient Children, said individuals learn to deal with adversity by being given the opportunity in a supportive environment to try and learn from their mistakes.

"Resiliency is a process that enables you to function well in the face of adversity," he said from Salt Lake City. "The data's pretty clear that if parents would like their children to be more capable of managing stress, then we have to stress-inoculate them — even from young ages."

Most of the time, children aren't taught resiliency unless they're going to be exposed to a stressful situation, noted David Wolfe, director of the CAMH Centre for Prevention Science in London, Ont.

"We're trying to teach them normal coping methods, and the confusion that comes about with parents — whether it's overblown or not — is: 'Somehow my kid's going to fail. They're not going to cope well; they're going to collapse; they're going to have a disorder,'" said Wolfe, a psychologist and author specializing in issues affecting children and youth.

"A little bit of stress is good. This is an axiom that's been around for a long, long time," he added. "Without stress, a person doesn't learn to cope and they can't live on their own. They can't live independently. They expect everything to happen the way they want it. The balance is between too much stress and enough stress." THE CANADIAN PRESS

Feel the warmth with a bowl of Cauliflower Cheddar Soup

This recipe serves six to eight. MILKCALENDAR.CA

Ingredients

- 9 cups (2.25 l) chopped cauli flower (about 2 lbs/1 kg)
- 2 stalks celery, diced
- 1 onion, chopped
- 3 potatoes, peeled and diced
- 2 tsp (10 ml) minced garlic
- Pepper
- 2 cups (500 ml) reduced-sodium vegetable or chicken broth
- 1 cup (250 ml) water
- 2 tbsp (30 ml) all-purpose flour
- 2-1/2 cups (625 ml) milk
- Ground nutmeg
- 1-1/2 cups (375 ml) shredded Canadian Cheddar cheese, divided
- 1/4 tsp (1 ml) salt (approx.)

1. In pot, combine cauliflower, celery, onion, potatoes, garlic, pepper to taste, broth and water; cover and bring to a boil over high heat. Reduce heat to medium-low, cover and boil gently for 15 to 20 min or until vegetables are soft.

2. Whisk flour into milk; pour into pot with nutmeg to taste. Cook, stirring, 3 mins. or until slightly thickened. Remove from heat.

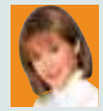
3. Using immersion blender or transferring in batches to an upright blender, purée until smooth.

4. Return to pot, if necessary. Heat over medium heat, stirring often, for about 5 min or until bubbling. Remove from heat and stir in 1 cup (250 ml) of the cheese until melted. Season with pepper and up to 1/4 tsp (1 ml) salt. Ladle into warm bowls and sprinkle with remaining cheese.

JODY SPRIEL OF PLEASANT HILL HOLSTEINS INC. IN ST. MARY'S, ONTARIO/ DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)

Healthy eating

Choose it and lose it



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Taco Del Mar serves up Mexican favourites but not all are created equal when it comes to fat and calories.

Taco Del Mar Pork Nachos

1,150 calories / 56 g fat

Nachos are never a good choice. Eat too much of this pork variety and you'll start oinking and rolling around in mud.

Equivalent

Taco Del Mar Pork Nachos with cheese, tomato salsa, sour cream and guacamole are equal in calories to 2 lbs of pork chops.

Taco Del Mar Pork Quesadilla with cheese and tomatoes

720 calories / 35 g fat

Enjoy pork in a quesadilla instead. They're perfect for an appetizer to split or as a single meal.

App. Zingy Devilled Eggs

Ingredients

- 12 eggs
- 6 tbsp mayonnaise
- 2 tsp Dijon mustard
- 4 tsp Xyla Buffalo Wing Sauce
- 2 tsp freshly squeezed lime juice (optional)
- Kosher salt
- Freshly ground black pepper
- Paprika and finely chopped fresh chives for garnish (cilantro is nice as well)

1. Hard-boil the eggs and cool. Once cooled, peel, halve and carefully remove the yolks. Reserve the whites.

2. Combine the egg yolks, mayonnaise, Dijon, Xyla Buffalo Wing Sauce, and lime juice in a medium non-reactive bowl. Season well with salt and pepper, then mix well until the yolks are broken up and the ingredients are well mixed.

3. Evenly pipe or spoon the yolk mixture into the reserved egg white halves (a zip close bag with the corner cut off does a great job). As desired, sprinkle with paprika and chives for garnish. It would be practical and easy to transport if you have a devilled egg container, but opting for cupcake liners in a muffin tin works well too.

JULIE REID, XYLITOLCANADA.COM

There's potatoes then there's Melted Leek Mashed Potatoes

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Like onions, leeks develop a rich, savoury flavour when cooked slowly. And when cooked this way, they make an excellent addition to a creamy mound of mashed potatoes.

Rather than caramelize the leeks, which requires a bit more hands on cooking, you simply melt them. It's actually a braise, but the result is meltingly good. And braising requires only an occasional stir. The leeks are thinly sliced, then simmered in broth or stock until extremely tender, then the whole mixture is stirred into the potatoes.

The easiest way to clean leeks is to cut them up first.

Ingredients

- 3 lbs Yukon gold potatoes, peeled and cut into chunks
- 3 tbsp unsalted butter
- 3 cups thinly sliced and cleaned leeks
- 1/2 cup chicken or vegetable stock or broth
- 1/2 cup half-and-half
- Salt
- 3 tablespoons chopped fresh chives

Trim off the ends, cut them in half lengthwise, then thinly slice them. Place the slices in a large bowl of cool water and toss well, separating the layers, to rinse away any dirt. Allow dirt to fall to the bottom of the bowl, then use a slotted spoon to scoop out the floating leeks.

1. Place the potatoes in a large stockpot. Add enough water to cover by 1 inch. Set over high heat and bring to a boil. Cook until tender, about 20 minutes.

2. While the potatoes cook, prepare the leeks. In a large skillet over medium-high heat, melt the butter. Add the leeks and broth and cover. Bring to a simmer, then reduce heat to maintain the temperature and cook, stirring occasionally, until the leeks are extremely tender, about 30 minutes.

3. When the potatoes are cooked, drain and return to the pot. Add the half-and-half, then mash until smooth. Season with salt, then stir in the melted leeks — along with any liquid in the pan — and the chives.

THE ASSOCIATED PRESS

metro
COUPONS
Monday, November 25, 2013

Thanks to the Internet and mobile technology, couponing has become a popular activity with young and old alike. CREATISTA/SHUTTERSTOCK

The changing landscape of couponing

TERESA CHIYKOWSKI
For Metro

Remember when coupons were only available in weekly flyers and local newspapers (maybe you do and maybe you don't)?

Well, that was then and this is now. Thanks to the Internet and mobile technology, couponing has become a popular activity with young and old alike. If you are ready to join the ranks of the more coupon savvy set, here are a few places to zero in on the savings.

Check out these online sites
Bookmarking these popular Canadian sites will enable you to save time and effort when you search for coupons and savings. Visit GoCoupons.ca, Save.ca, WebSaver.ca, SmartCanucks.ca, Dealstreet.ca.

Social media

- Did you know you can find a good variety of in-store coupons on Facebook? Start looking for Facebook coupons by going to the pages of companies in which you are interested. If you "like" their pages, chances are they will eventually post some kind of coupon that will allow you to trim costs.

Sign up for loyalty programs
Loyalty programs can yield big savings so it's often worth the time to register to receive extra coupons and points via mail and email, and to take advantage of special promotions. Grocery and drug stores are the most common examples of loyalty programs.

Grab some in-store coupons
Whenever you are out and about in supermarkets and stores, be on the lookout for tear pad coupons usually located next to the product, or at the end of the grocery aisles. If the expiry is far enough into the future that you will be buying the item multiple times, make sure you stock up.

Get coupons to come to you
If you regularly use products from certain companies, sign up to become a member. You will receive regular special offers for coupons and promotions. Coupons can be found in magazines, too. Keep your eyes open for beauty and food coupons in popular women's magazines.

The Perfect Holiday Gifts!
Receive 30% OFF any one product
Over 60 delicious blends to choose from
Visit our kiosk in the Northgate Mall from December 1st through 24th, 2013!
Limit one coupon per customer.
TeaLife
"Live your best life with TeaLife"
www.tealife.ca • admin@tealife.ca
306-205-5768

Manners. How to be a model couponer

If you have ever been stuck behind someone in a supermarket line who takes a mitt of coupons and thrusts them at the cashier, you know how frustrating it can be. Especially if you are in a rush and the clerk has to read the fine print to see what's valid. It's just poor coupon etiquette.

Here are some ways you can enjoy couponing while leaving a good impression with your fellow shoppers and your local cashiers.

1 Always read the fine print and know the terms and conditions. Organize your coupons before you shop. Ditch the expired coupons and ensure you understand exactly which product sizes and variations are valid for purchase with each coupon.

2 Understand the store's coupon policy. Merchants will have different policies. Some may allow you to use coupons for items that are on sale, some won't. Familiarize yourself with each store's policies so you don't have issues when you are checking out.

3 Leave coupons for others. If the store has tear pad or display coupons, take one or two, not the whole pad.

4 Stay away from peak shopping hours. Time your couponing so you aren't in redemption mode when most people are shopping. If you don't, you will stress out the cashiers and won't make any friends among other shoppers.

5 Not going to use it? Give it away. If you are at a store and realize you can't use a coupon but it hasn't expired yet, leave it for someone who might get value from it.

6 Will that be cash or charge? Be ready with your method of payment. Avoid fumbling through your purse to find credit and debit cards. Those in line behind you will appreciate anything you can do to hasten the process.

Follow these tips and you and those around you will have a more enjoyable shopping experience.

TERESA CHIYKOWSKI

Don't get buried in a sea of coupons

TERESA CHIYKOWSKI
For Metro

When it comes to successful couponing, getting organized is half the battle. Once you clip these little money savers, you have to have a place to keep them.

And face it, a cluster of coupons spilling out of your purse or wallet simply isn't practical.

Enter the coupon binder or folder — the secret to effective, no-nonsense couponing. You can go as fancy or as basic as you want.

Here are options you might want to consider over the common shoebox.

Binders or file folders can help you keep your cluster of coupons organized. JIM BARBER/SHUTTERSTOCK

Make your own binder

Buy a three-ring binder, some page dividers and baseball trading card sheets. Then choose how you want to organize your coupons (alphabetically or by product category, such as meat, vegetables, oral hygiene, shampoo, etc.) and label the dividers accordingly. Put the card sheets behind each divider and start sorting. If you have duplicates, simply place them one over the other. Include scissors, a pen, a note pad and a calculator in the binder so you are ready for anything.

Ready-made coupon binders

Purchase a coupon binder or Couponizer. These can be pricier than a do-it-yourself binder, but everything is done for you — the dividers, the inserts and more. They are also available in a range of designs, colours and sizes. It's probably safe to say that if you are a couponer, you might not want to make the investment. After all, who wants to spend all their savings on a binder.

Collapsible accordion file

With built-in dividers and expandable flexible sides, accordion files can come in handy for organizing coupons. They come in different colours and sizes, including wallet sizes that you can carry in your purse. Before you leave for the store, you can transfer relevant coupons to the smaller file from the bigger one for easier portability.

Couponing tips for beginners

If you find the thought of couponing a little daunting — and maybe even a little embarrassing — don't despair.

Consider these simple nuggets of advice to get started. Before you know it, finding, organizing and redeeming coupons will be second nature.

- Consider your current lifestyle. Look around you and determine which products you use most often and make a list.
- If you have a particular brand preference, check out the company's website. Become a member to receive monthly newsletters, promotions and coupons.
- Send companies an email to request special offers. Many companies will mail you high value or even full value coupons to try their products if you just ask.
- Don't buy items you don't need just because they are a great deal. This advice may seem obvious at first, but it's easy to get reeled in, which, in the end, defeats the purpose of why you are couponing.
- Take advantage of price matching. Many grocery stores will price match a competitor's price or even beat it.

TERESA CHIYKOWSKI

The Circle-Arts Studio Inc.
Find Rejuvenation and Relaxation
with Therapeutic and Hot Stone Massages!
Present this coupon and receive
$20 OFF
a One Hour Massage or
$10 OFF
a Half Hour Massage!
For appointment call 306-522-3922
Welcoming New Patients!
820 Victoria Ave. E. Regina SK S4N 0P2

ALL YOU CAN EAT BUFFET
All you can eat includes Chinese Buffet and Japanese Sushi!
DINE-IN • TAKE OUT • CATERING
$5 Coupon
* Valid on order over $30 before tax.
* Bring the coupon to get the discount (photocopy invalid)
* Not valid with other promotion/coupons
* Other Restrictions May Apply
$10 Coupon
* Valid on order over $50 before tax.
* Bring the coupon to get the discount (photocopy invalid)
* Not valid with other promotion/coupons
* Other Restrictions May Apply
I Love Sushi
3622 Eastgate Drive
Regina, SK S4Z 1A5
TEL: 306-789-8996
www.ilovesushibuffet.com
Hours: Mon - Sat
11am - 10pm
Sun: 11am - 9:30am
Go for sushi
31C 2105-8th Street East
Saskatoon, SK S7H 0T8
TEL: 306-931-8898
www.goforsushibuffet.com
Hours: Mon - Sat
11am - 10pm
Sun: 11am - 9:30am

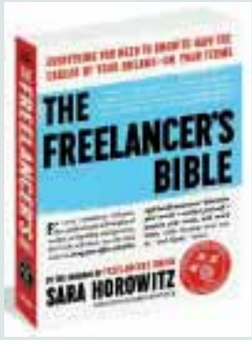
If you're considering the temp life — whether you're on the hunt for full-time employment or looking for a way to supplement part-time or freelance work — here are six books worth a read:

VAWN HIMMELSBACH
Metro News

6 must-reads for temp workers

The Freelancer's Bible: Everything You Need to Know to Have the Career of Your Dreams — On Your Terms

Sara Horowitz and Toni Sciarra Poynter



If you're a temp or otherwise self-employed, one of the biggest challenges you'll face is finding work — and then getting paid for it. This reference guide will help you learn the ropes, such as getting clients (and keeping them happy), setting fees; surviving a dry spell, building a reputation, negotiating dos and don'ts, as well as recording-keeping and tax tips.

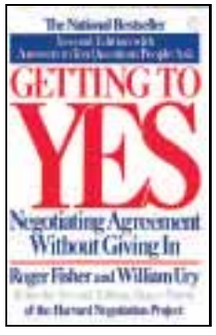
My So-Called Freelance Life

Michelle Goodman

This "girlfriend-to-girlfriend guide" written by a full-time freelancer offers tips and advice on how to leave the cubicle behind and pursue fulfilling work — on your own terms. Blending anecdotes with personal experience, Goodman explains how to get started, create a budget, build clientele (and weed out the bad ones), as well as how to market yourself, negotiate an hourly rate and manage your taxes.

Getting to Yes: Negotiating Agreement Without Giving In

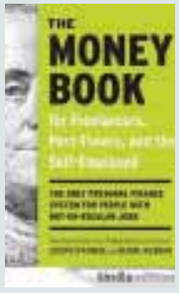
Roger Fisher and William Ury



The revised edition of this classic business book is based on the Harvard Negotiation Project, a group that deals with negotiation and conflict resolution. While it's applicable to anyone, it's particularly useful for temps, who often don't want to rock the boat for fear of never being asked to come back. The book provides a step-by-step strategy for coming to mutually acceptable agreements in any sort of conflict — without getting angry or getting taken advantage of.

The Money Book for Freelancers, Part-Timers, and the Self-Employed: The Only Personal Finance System for People with Not-So-Regular Jobs

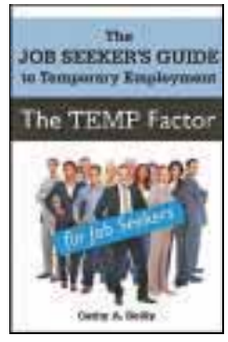
Joseph D'Agnese and Denise Kiernan



If you don't have a cubicle to call your own, you probably don't have benefits or a regular paycheque on the 15th and 30th of each month. The authors of this book have come up with a comprehensive system for earning, spending and saving, peppered with anecdotes from freelancers and interviews with financial experts. Topics include: what to do when a client's cheque doesn't come in and how to plan for retirement.

The Temp Factor for Job Seekers: The Job Seeker's Guide to Temporary Employment

Cathy A. Reilly



Like the title suggests, this book explains the many benefits (and challenges) of temping, such as gaining work experience, expanding networks and avoiding gaps in employment. For those just starting out or looking to "audition" for a job through temp work, this book covers the essentials — what clients and staffing services look for in a temp, how to apply to staffing services and how to set yourself apart from the crowd.

Rockin' Regina Soon!
Fun environment, Great hours,
Paid training,
Competitive Salary & TIPS!!
FATBURGER
Now Hiring:
Assistant Managers, Shift Leaders,
Grill Cooks & Cashiers.
Apply today at: regina@fatburgercanada.com or fax resume to 604-637-8874

Make Sure It's Deductible

Evelyn Jacks

If you're temping for various clients, you'll have to learn the basics of business management. This book takes a Canadian approach to tax planning, including how to take advantage of legitimate business deductions — all written in an easy-to-read style. The author explains vital tax facts, including which expenditures are fully deductible and which are restricted, as well as planning for a secure lifestyle now and in retirement.

4 SPORTS

Riders running back Kory Sheets celebrates his fourth-quarter touchdown against the Hamilton Tiger-Cats during the Grey Cup game on Sunday night at Mosaic Stadium. Sheets was a force for the Riders, rushing for 197 yards and two touchdowns to earn MVP honours and key to Saskatchewan's offence in the championship victory. JONATHAN HAYWARD/THE CANADIAN PRESS

It's great being green

Grey Cup. Record-setting performance by Sheets leads Riders in championship clincher

Kory Sheets ran for a record 197 yards and two TDs to power the Saskatchewan Roughriders to a 45-23 win over the Hamilton Tiger-Cats in the 101st Grey Cup game Sunday night.

Sheets delighted the raucous Mosaic Stadium crowd of 44,710 by smashing the previous mark of 169 yards, set in 1956 by Edmonton's Johnny Bright. Sheets, who was named the game's MVP, was especially impressive in the first half, running for 128 yards and a TD in leading Saskatchewan to a commanding 31-6 halftime advantage.

"The one thing that led us to a dominant performance was that the fans were unreal," said Roughriders coach Corey Chamblin. "It was unreal. From pre-game warmup I knew it was going to be tough for those guys."

Saskatchewan slotback Chris Getzlaf was the game's top Canadian.

Quarterback Henry Burris pulled Hamilton to within 31-16 on his 18-yard TD run early in the third and a drive that Luca Congi capped with 33-yard field goal early in the fourth. But Sheets cemented the win with a five-yard touchdown with just over five minutes remaining.

The biggest weather obstacle was the brisk northwest breeze that gusted between 30 and 50 kilometres an hour. Saskatchewan was more opportunistic, outscoring Hamilton 37-10 with the wind.

A sea of green serenaded Burris — a former Saskatchewan starter — throughout and had plenty to cheer about as the home team earned its fourth Grey Cup but first since '07 after disappointing losses to Montreal in 2009 and '10. Darian Durant started both losses to the Als but threw three TD passes to anchor his first CFL championship as Saskatchewan's No. 1 quarterback.

Saskatchewan also became the third straight team to win the Grey Cup at home and earned its first-ever CFL championship at Mosaic Stadium.

Geroy Simon, with his first two Grey Cup TDs, Jock Sanders and Weston Dressler also scored for Saskatchewan. Chris Milo had the converts and a field goal.

C.J. Gable had Hamilton's touchdown. Congi had two field goals and two converts.

Sanders and Sheets had rushing TDs before Durant hit Simon on a 42-yard scoring strike with 1:46 left in the first half as Saskatchewan set a Grey Cup record for most first-half points.

Durant had three first-half fumbles but was 12-of-16 passing for 165 yards and two TDs while adding 32 rushing yards as the Riders outran Hamilton 168-3 and outgained the Ticats 333-130 overall. Durant also made it hard for the East Division champions to key on any specific aerial threat, completing passes to eight different players.

THE CANADIAN PRESS

Grey Cup game

45	23
Roughriders	Tiger-Cats

SECOND DOWN CONVERSIONS

Riders	9-of-14
Tiger-Cats	2-of-11

- A key to Saskatchewan's success was its play on second down. The Riders' 25-point halftime lead was the second-largest in Grey Cup history, second only to the Ticats' 29-point advantage in their 39-15 win over Edmonton in 1986.

13th man-handled

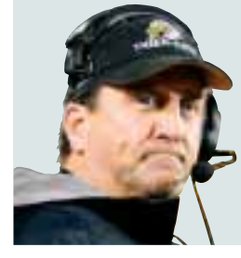
"I looked at them and said, 'I wouldn't want to be in your shoes.' I mean, it was ridiculous. The whole thing was green."

Roughriders head coach Corey Chamblin, on the Ticats' task of playing for a championship at partisan Mosaic Stadium.

Burned in their returns

Henry Burris, Andy Fantuz and head coach Kent Austin were all former Riders, looking to earn Hamilton its first Grey Cup win since 1999.

- Austin suffered his first playoff loss after five straight wins as a CFL head coach
- "Keep your heads up, keep your heads up, guys," Austin said as he walked into the stadium tunnel with his players after the game.
- Austin led Saskatchewan to a Grey Cup win in '89 as the club's starting quarterback, then in '07 as head coach.



101st Grey Cup rocks Regina

The Queen City had the pleasure of hosting the biggest game of the year, meaning it was the place to party over the weekend.

PHOTOS BY THE CANADIAN PRESS

1 Tiger tamer. Fans show their true colours

A Roughriders fan wrestles with a stuffed tiger outside Mosaic Stadium prior to kickoff. The temperature was 1 C at kickoff although it felt like -6 C. The announced attendance inside the stadium was 44,710.

2 Fighting words. Riders raring to go

Darian Durant fires up the troops with a few words in a pre-game huddle. The Sheepdogs also got things started with a two-song set.

3 Shiny trophy. All eyes on the grand prize

Mounties carry the Grey Cup onto the field during pre-game ceremonies.

4 The big chill. Fans tackle cold at parade

Dale Anderson braves the cold that was accompanied by a windchill that dipped into the -30 C range on Saturday during the Grey Cup Parade.

5 Taking it indoors. Ticats warm up in Moose Jaw

Wide receiver Andy Fantuz and the Tiger-Cats enjoyed an indoor practice on Friday in Moose Jaw's YaraCentre.

6 PM on scene. Grey Cup draws big names

Prime Minister Stephen Harper and his wife Laureen attend a pre-Grey Cup event Sunday. Other notables in Regina included Tom Hanks and Martin Short.

NBA

Bulls to go without star, but for how long?

Derrick Rose will have surgery on his right knee Monday, and the Chicago Bulls don't yet know how long they'll be without their star guard this time.

Rose has a medial meniscus tear, which is typically less serious than a lateral tear. Some athletes miss only a few weeks after surgery on meniscus tears, while others miss several months. THE ASSOCIATED PRESS

NHL

Hurricanes bowl Senators over

Eric Staal had a goal and two assists, goalie Cam Ward stopped 35 shots and the Carolina Hurricanes beat the Ottawa Senators 4-1 on Sunday.

Jason Spezza gave Ottawa the lead 1:07 in, but Carolina scored three times in the second period.

THE ASSOCIATED PRESS

NFL. Newton orchestrates late comeback, Panthers win seventh in a row

Cam Newton angrily slapped his hands together and stared into the end-zone stands, watching Miami Dolphins fans celebrate the interception he had just thrown.

His mistake helped put the Carolina Panthers in a deep hole Sunday, but Newton knew how to get out.

He led a late comeback for the second time in a week, converting a fourth-and-10 situation at his 20 with a completion to keep alive the Panthers' final possession, and their touchdown with 43 seconds left beat Miami 20-16.

The Panthers (8-3) overcame a 16-3 first-half deficit to extend their winning streak to seven games, their longest since 2003.

"We didn't play our best early on," Newton said. "We couldn't get it going. But we just find ways to win."

Newton hit Greg Olsen with a 1-yard pass for the winning score to cap a 12-play drive. Carolina also rallied past the New England Patriots with a late drive last Monday.

The Dolphins (5-6) fell to 2-2 since tackle Jonathan Martin left the team and the team's bullying scandal began to mushroom.

The Dolphins fell to 4-4 in games decided by four points or less. THE ASSOCIATED PRESS

Panthers quarterback Cam Newton scrambles against the Dolphins on Sunday. CHRIS TROTMAN/GETTY IMAGES

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	23	15	6	2	64	43	32
Toronto	23	14	8	1	66	54	29
Tampa Bay	23	14	8	1	67	61	29
Detroit	25	11	7	7	63	70	29
Montreal	24	13	9	2	64	51	28
Ottawa	24	9	11	4	68	77	22
Florida	24	6	13	5	53	80	17
Buffalo	25	5	19	1	44	79	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	24	15	9	0	69	54	30
Washington	24	12	10	2	72	68	26
NY Rangers	23	12	11	0	48	54	24
New Jersey	23	9	9	5	49	55	23
Carolina	24	9	10	5	49	67	23
Philadelphia	22	10	10	2	49	53	22
Columbus	23	8	12	3	56	71	19
NY Islanders	24	8	13	3	68	82	19

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	24	16	4	4	87	70	36
St. Louis	22	16	3	3	79	50	35
Colorado	22	17	5	0	69	45	34
Minnesota	24	15	5	4	64	55	34
Dallas	22	11	9	2	61	65	24
Nashville	23	11	10	2	52	67	24
Winnipeg	25	10	11	4	66	75	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	26	17	6	3	80	65	37
San Jose	23	15	3	5	79	52	35
Los Angeles	24	15	6	3	64	51	33
Phoenix	23	14	5	4	78	74	32
Vancouver	25	12	9	4	65	65	28
Calgary	23	8	11	4	64	84	20
Edmonton	24	7	15	2	64	84	16

Note: Two points for a win, one point for overtime loss.

Sunday's results
Carolina 4 Ottawa 1
Detroit 3 Buffalo 1
Saturday's results
Boston 3 Carolina 2 (OT)
Minnesota 3 Winnipeg 2 (SO)
Montreal 3 Pittsburgh 2
Toronto 2 Washington 1 (SO)
Ottawa 4 Detroit 2
Philadelphia 5 NY Islanders 2
NY Rangers 2 Nashville 0
St. Louis 6 Dallas 1
Anaheim 4 Phoenix 2
Chicago 2 Vancouver 1
San Jose 2 New Jersey 1
Colorado 1 Los Angeles 0 (OT)
Monday's games — All Times Eastern
Winnipeg at New Jersey, 7 p.m.
Pittsburgh at Boston, 7 p.m.
Columbus at Toronto, 7 p.m.
Philadelphia at Florida, 7:30 p.m.
NY Rangers at Tampa Bay, 7:30 p.m.
Phoenix at Nashville, 8 p.m.
Minnesota at St. Louis, 8 p.m.
Chicago at Edmonton, 9:30 p.m.
Los Angeles at Vancouver, 10 p.m.
Tuesday's game
Anaheim at Dallas, 8 p.m.

NFL

WEEK 12

Sunday's results
Carolina 20 Miami 16
Baltimore 19 N.Y. Jets 3
Tampa Bay 24 Detroit 21
St. Louis 42 Chicago 21
Pittsburgh 27 Cleveland 11
Jacksonville 13 Houston 6
San Diego 41 Kansas City 38
Green Bay 26 Minnesota 26
Arizona 40 Indianapolis 11
Tennessee 23 Oakland 19
Dallas 24 N.Y. Giants 21
Denver at New England
Monday's game — All Times Eastern
San Francisco at Washington, 8:40 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

EASTERN CONFERENCE
Saturday's result
Sporting KC 2 Houston 1
(Sporting KC advances 2-1 on aggregate)
WESTERN CONFERENCE
Sunday's result
Real Salt Lake at Portland
(Real Salt Lake leads 4-2 on aggregate)

MLS CUP

Saturday, Dec. 7
Sporting KC vs. Real Salt Lake-Portland winner, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	12	1	.923	—
Miami	10	3	.769	2
Atlanta	8	6	.571	4 1/2
Toronto	6	7	.462	6
Chicago	6	6	.500	5 1/2
Charlotte	7	7	.500	5 1/2
Philadelphia	6	9	.400	7
Detroit	5	8	.385	7
Washington	5	8	.385	7
Boston	5	10	.333	8
Orlando	4	9	.308	8
Cleveland	4	10	.286	8 1/2
New York	3	9	.250	8 1/2
Brooklyn	3	10	.231	9
Milwaukee	2	10	.167	9 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	12	1	.923	—
Portland	12	2	.857	1/2
Oklahoma City	8	3	.727	3
L.A. Clippers	10	5	.667	3
Houston	9	5	.643	3 1/2
Dallas	9	5	.643	3 1/2
Golden State	8	6	.571	4 1/2
Memphis	7	6	.538	5
Phoenix	7	6	.538	5
Minnesota	8	7	.533	5
Denver	6	6	.500	5 1/2
New Orleans	6	6	.500	5 1/2
L.A. Lakers	6	7	.462	6
Sacramento	4	8	.333	7 1/2
Utah	1	13	.071	11 1/2

Sunday's results
Detroit 109 Brooklyn 97
L.A. Clippers 121 Chicago 82
Phoenix 104 Orlando 96
Utah at Oklahoma City
Sacramento at L.A. Lakers
Monday's games — All Times Eastern
Minnesota at Indiana, 7 p.m.
Boston at Charlotte, 7 p.m.
Phoenix at Miami, 7:30 p.m.
Milwaukee at Detroit, 7:30 p.m.
Houston at Memphis, 8 p.m.
Denver at Dallas, 8:30 p.m.
New Orleans at San Antonio, 8:30 p.m.
Chicago at Utah, 9 p.m.
New York at Portland, 10 p.m.

CFL PLAYOFFS

101ST GREY CUP

At Regina, Sask.
Sunday's result
Hamilton at Saskatchewan

Horoscopes

♈ Aries
March 21 - April 20
Even an Aries has to take orders from some people and one such individual will demand you show them the respect they think they deserve. Let them have it.

♉ Taurus
April 21 - May 21
Your ideas and opinions will change radically over the next few days — which is not like you at all. It won't worry you, but some people may be concerned you are acting out of character.

♊ Gemini
May 22 - June 21
You seem strangely dissatisfied at the moment and can't quite put your finger on why that is. As the Sun moves deeper into your opposite sign partners and loved ones will help you find out.

♋ Cancer
June 22 - July 23
Act first and worry about the consequences later. Better still, don't worry about the consequences at all. Be ready and willing to take a few risks over the next seven days.

♌ Leo
July 24 - Aug. 23
How you start the week will determine what sort of week you are going to have. If someone tries to pile lots of work on you, just say no.

♍ Virgo
Aug. 24 - Sept. 23
Creative matters will become more important to you as the week progresses, but today, focus on getting domestic affairs in order. What can you do to reassure loved ones that their needs are your number one concern?

♎ Libra
Sept. 24 - Oct. 23
You don't need to make excuses if you want to be by yourself. Others may think you are being anti-social, and maybe you are, but so what?

♏ Scorpio
Oct. 24 - Nov. 22
Keep travel plans to a minimum over the next 24 hours because there could be hold-ups and setbacks which get you frustrated.

♐ Sagittarius
Nov. 23 - Dec. 21
You will get the opportunity to go back and set something right, and if you are smart you will seize it with both hands. If you don't it will continue to prey on your mind and hold you back.

♑ Capricorn
Dec. 22 - Jan. 20
You may not want to cause offense, either at home or at work, but you must speak your mind today, no matter what the effects may be. Let others know you have strong principles and opinions.

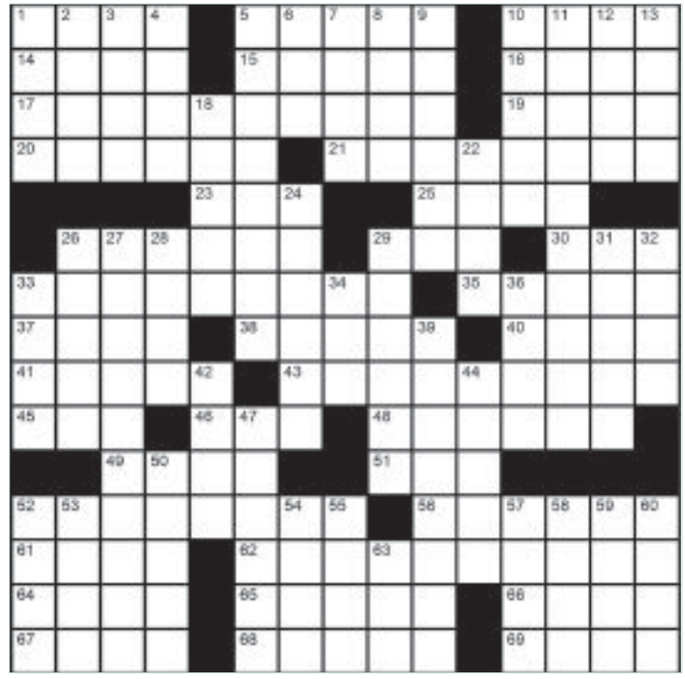
♒ Aquarius
Jan. 21 - Feb. 19
For one reason or another you find it hard to get along with certain people and you must not try to force yourself to work with them. There is more than enough space to do your own thing.

♓ Pisces
Feb. 20 - March 20
The more others try to tie you down the more likely it is you will strive to break free. Especially at work, you just can't see the point of hammering away at the same problems. Do something different this week. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



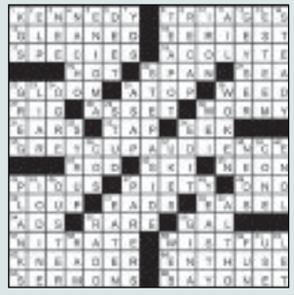
Across

1. Miley Cyrus' momager
5. Russian refusals
10. Way off
14. Currency exchange fee
15. Denmark's __ Islands
16. Cautious
17. Exercise for some pet owners: 2 wds.
19. Aboard the ship
20. Within reach: 2 wds.
21. I'll Be Loving You by The __ __ & BBQ Show (Montreal duo whose music the late great Lou Reed admired)
23. Fast food chain: letter + symbol + letter
25. Dedicated to the __ _ Love by The Shirelles
26. Ms. Copps
29. Cape Town's home [acronym]
30. 'Electr' ender
33. Medieval killer: 2 wds.
35. Receded
37. L.A.'s state
38. Canadian skating great/choreographer, Sandra __
40. Nero's 2051
41. Amadeus (1984) star Tom
43. Hit for rapper Gerardo: 2 wds.
45. Card game
46. Author Mr. Lawrence, et al.
48. Surface
49. Bargain
51. Nature's coat
52. Company chatter: 2 wds.
56. Cone-shaped dwelling
61. Holly __ Trio
62. Join in Klondike fun: 3 wds.
64. Competent
65. Phoney well-wishery
66. __ _ Want by Irish band Kodaline
67. Yo-Yos
68. Advice columnist Ann Landers aka __ Lederer
69. Requires directions

Down

1. "All done!"
2. Jazz classic: _ __ Rhythm
3. Wistful utterance
4. This is __ _ Heart Breaks by Rob Thomas
5. East Coast region: abbr. + symbol + abbr.
6. Yakety __ by The Coasters
7. Mr. Estrada
8. Ms. Braxton
9. Repetition marks, in music
10. Conscious
11. Vogue, e.g.: 2 wds.
12. Locale
13. Mr. Seacrest
18. Hammer _ __ in
22. Eat at
24. Bets
26. '70s idol, Mr. Cassidy
27. Broadway musical!: 2 wds.
28. Larger-than-life
29. Applied a cold pack again
31. Check out, __ into
32. Ms. Falco
33. Songbook standard: Ac-Cent-__-Ate the Positive
34. Submachine gun variety
36. Russia/China border river
39. Disco hit for Canadian singer France Joli: 3 wds.
42. Coup d'__
44. Waste place
47. Pass
50. Blades
52. "Vamoose!"
53. Freight train rider
54. Desk light
55. Start to 'sack'
57. Equal, in Paris
58. On-a-horse sport
59. Building wings
60. Change
63. __-End? by Brit singer Kate Nash

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

4	3	1	8	2	6	9	5	7
2	9	7	5	1	4	8	6	3
5	6	8	3	7	9	1	2	4
7	5	9	4	6	2	3	8	1
3	8	4	9	5	1	6	7	2
6	1	2	7	8	3	5	4	9
9	2	5	6	4	8	7	1	5
1	7	6	2	9	5	4	3	8
8	4	5	1	3	7	2	9	6

	6		7	8				
	5		2				3	8
		3	6			7		
						5	7	6
5				2				3
4	7	1						
		9			2	4		
3	4				6		8	
				9	8		1	

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